Vermont Mental Health Performance Indicator Project

Agency of Human Services, Department of Health, Division of Mental Health
Weeks Building, 103 South Main Street, Waterbury, VT 05671-1601

MEMORANDUM

TO: Vermont Mental Health Performance Indicator Project
           Advisory Group and Interested Parties

FROM: John Pandiani
           Monica Boyd

DATE: January 21, 2005

RE: Type of Substance Abuse Service: FY2004

This PIP is the fifth in a series that reports on the types of service provided by community programs in Vermont. Previous reports provided a statewide program level overview of the amount of service in six major outpatient service categories that were provided by DMH community-based programs during FY2004[1], the amount of outpatient services provided by each of Vermont's Adult Mental Health Outpatient Programs (AOP)[2], Children's Services Programs[3], and Community Rehabilitation and Treatment (CRT) programs for adults with serious mental illness[4]. This week's report provides the amount of outpatient services provided by each of the seven reporting Substance Abuse Programs located in community mental health centers in Vermont. The findings in this series are based on analysis of Monthly Service Report data provided to DMH by designated community service providers.

As you will see, services categorized as individual, family, and group therapy made up more than two thirds of the services provided by these Substance Abuse Programs statewide and accounted for at least 50% of the outpatient services provided by every program. Community support services varied from 27% of all outpatient substance abuse services in Rutland County to 3% in Southeastern Vermont. Service planning and coordination varied form 22% of all outpatient substance abuse services in Northeastern Vermont, to only 2% in Orange and Bennington Counties.

We look forward to your comments regarding the mix of outpatient services provided by Substance Abuse Programs in different parts of Vermont. Once again, we are especially interested in ideas about the degree to which the patterns reported here represent differences in treatment patterns and the degree to which they represent difference in reporting conventions. As always, we are also interested in your suggestions for further analysis of these data. Please e-mail to us at pip@vdh.state.vt.us or call 802-241-2638.

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[1] Type of Service: FY 2004; (www.ddmhs.state.vt.us/docs/pips/2004/pip120304.pdf)

[2] Adult Mental Health Outpatient Type of Service: FY2004; (www.ddmhs.state.vt.us/docs/pips/2004/pip121004.pdf)

[3] Children's Services Programs Type of Service: FY2004; (www.ddmhs.state.vt.us/docs/pips/2004/pip122404.pdf)

[4] Community Rehabilitation and Treatment Programs Type of Service: FY2004; (www.ddmhs.state.vt.us/docs/pips/2004/pip010705.pdf)

Six Major Outpatient Service Categories

Individual, Family and Group Therapy
Individual Therapy is a method of treatment that uses the interaction between a therapist and the individual to facilitate emotional or psychological change, to alleviate distress, and change substance use. Family Therapy is a method of treatment that uses the interaction between a therapist, the individual, and family members to facilitate emotional or psychological change and to alleviate distress. Group Therapy is a method of treatment that uses the interaction between a therapist, the individual, and peers to facilitate emotional or psychological change and to alleviate distress.

Medication and Medical Support and Consultation Services
Medication and Medical Support and Consultation Services include evaluating the need for, prescribing and monitoring medication, and providing medical observation, support and consultation for an individual's health care.

Clinical Assessment
Clinical Assessment refers to psychiatric, psychological, psychosocial, substance abuse, and/or developmental assessment sessions and the preparation of individualized plans, including the administration and interpretation of psychometric tests and the preparation of reports.

Service Planning and Coordination
Service Planning and Coordination assists individuals and their families in planning, developing, choosing, gaining access to, coordinating and monitoring the provision of needed services and supports for a specific individual.
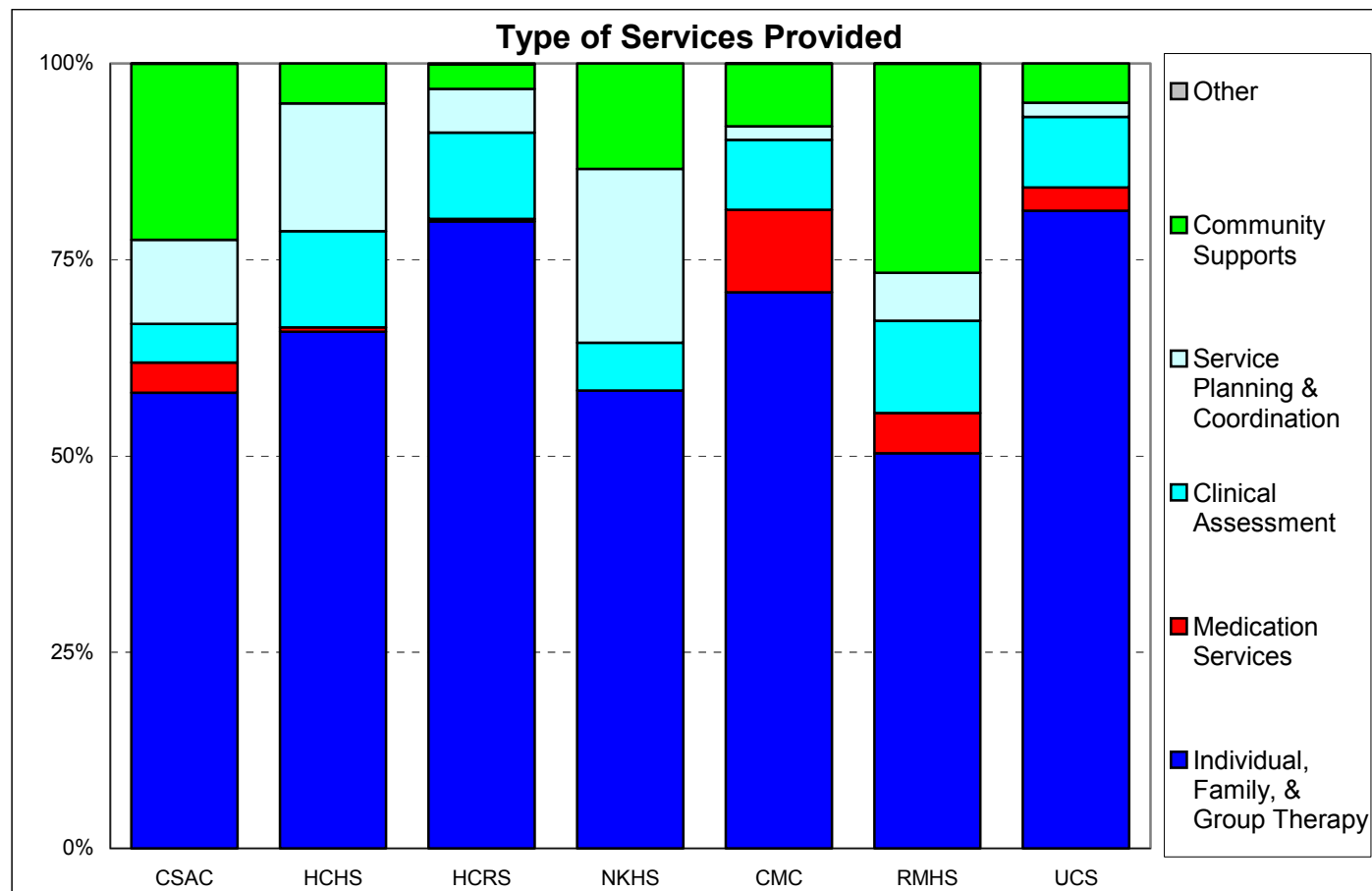
Community Supports
Community Supports include individualized, goal-oriented supports, which assist individuals (and families) to develop the skills and social supports necessary to promote positive growth. These supports may include assistance in daily living, supportive counseling, support to participate in community activities, collateral contacts, and building and sustaining healthy personal, family and community relationships. All of these activities may also be provided in a group setting.

Employment Services
Employment Services assist transition age youth and adults in establishing and achieving career and work goals. These services include employment assessment, employer and job development, and ongoing support

A more detailed description of these services is available on-line at
http://www.ddmhs.state.vt.us/docs/dept/annual-stats/2004statWebnotes.pdf

Type of Services Provided
Substance Abuse Programs
By Provider: FY 2004

Type of Services Provided

Region -	Provider	Total Outpatient Services	Individual, Family & Group Therapy	Medication Services	Clinical Assessment	Service Planning & Coordination	Community Supports	Other
Addison -	CSAC	3,369	58%	4%	5%	11%	22%	0%
Chittenden -	HCHS	9,824	66%	1%	12%	16%	5%	0%
Southeast -	HCRS	6,998	80%	0%	11%	6%	3%	0.1%
Northeast -	NKHS	9,324	58%	0%	6%	22%	13%	0%
Orange -	CMC	8,458	71%	11%	9%	2%	8%	0%
Rutland -	RMHS	5,148	50%	5%	12%	6%	27%	0.1%
Bennington -	UCS	4,487	81%	3%	9%	2%	5%	0%
Total		47,608	67%	3%	9%	10%	11%	0.03%

Analysis includes outpatient services provided to individuals served by Substance Abuse Programs. "Other" includes emergency/crisis services. For detailed explanation on these types of service, see the notes in the annual statistical report (www.ddmhs.state.vt.us/docs/dept/annual-stats/2004statWebnotes.pdf)